We claim:

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- 1. A method for distributing information in a MMDS network comprising:
- a) providing a video signal in a first polarization and a first direction to a first area, the video signal having a frequency within a predetermined set of frequencies; and
- b) providing a two-way digital signal in a second polarization and a second direction to the first area, the two-way digital signal having a frequency within the predetermined set of frequencies, wherein the second polarization is orthogonal to the first polarization.
- 2. The method of claim 1, wherein both the video signal and the two-way digital signal use the set of frequencies substantially simultaneously.
- 3. The method of claim 1, wherein the set of frequencies is a set of Multichannel Multipoint Distribution System frequencies.
 - 4. A method for distributing information in a MMDS network comprising:
- a) providing a video signal in a first polarization to a first area, the video signal having a frequency within a predetermined set of frequencies; and
- b) enabling cellular communication between the first area and a second area using a two-way digital signal in a second polarization having a frequency within the predetermined set of frequencies.

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- 5. The method of claim 4, wherein the predetermined set of frequencies is a set of Multichannel Multipoint Distribution System frequencies.
- 6. The method of claim 4, wherein the first polarization is orthogonal to the second polarization.
 - 7. The method of claim 4, wherein the first area includes a plurality of sub-areas.
- 8. The method of claim 7, wherein the plurality of sub-areas use varying frequency bands within the predetermined set of frequencies.
- 9. The method of claim 7, wherein the plurality of sub-areas are divided into groups such that each sub-area in a group uses a frequency band different from all other frequency bands used by the other sub-areas in that group.
- 10. The method of claim 7, wherein each sub-area is divided into a plurality of sectors such that each sector has its own frequency band.
- 11. The method of claim 1 wherein the step of providing the two-way digital signal in a second direction reduces interference between the two-way digital signal and the video signal.

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12. A system for distributing information in a MMDS network comprising: means for transmitting digital video signals having a first polarization and a first direction, the video signals also have a frequency within a predetermined set of frequencies;

means for receiving the digital video signals;

means for transmitting two-way digital signals having a second polarization and a second direction, the two-way digital signals having a frequency within the predetermined set of frequencies; and

means for receiving the two-way digital signals.

- 13. The system of claim 12, wherein the means for receiving the two-way digital signals is located within a predefined area in which the means for receiving the video signals is located.
- 14. The system of claim 12, wherein the set of frequencies is a set of Multichannel Multipoint Distribution System frequencies.
- 15. The system of claim 12, wherein the first and second polarizations are orthogonal to each other.
- 16. The system of claim 13 wherein the means for receiving the two-way digital signal is further located in a direction corresponding to the second direction and the means for receiving the video signal is further located in a direction corresponding to the first

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direction in order to reduce interference.

- 17. A system for distributing information in a MMDS network comprising:

 a digital video signal transmitter, wherein the video signal having a first
 polarization, the video signal also having a frequency within a predetermined set of
 frequencies;
 - a digital video signal receiver at a receiver site;
- a two-way digital signal transmitter, wherein the two-way digital signal having a second polarization, the two-way digital signal having a frequency within the predetermined set of frequencies; and

a two-way digital signal receiver at the receiver site, the two-way digital signal receiver oriented in a different direction than the digital video signal receiver.

- 18. The system of claim 17, wherein the first and second polarizations are orthogonal to each other.
- 19. The system of claim 17 wherein the two-way digital signal receiver is shielded at the receiver site.
- 20. The system of claim 19 wherein physical constructs of the receiver site provide shielding of the two-way digital signal receiver.